

**WHAT IS CLAIMED IS:**

1. A folded absorbent article for the absorption of body fluids and being packaged in a packaging wrapper, wherein the packaging wrapper comprises:

a container part having an inside and an outside and an opening for taking the absorbent article out of the packaging wrapper,

a lid part having an open position and a closed position, wherein the lid part in the closed position closes the opening of the container part and is releasably attached to the outside of the container part,

wherein a distance element is arranged between the lid part and the container part and thereby facilitates opening of the packaging wrapper.

2. A folded absorbent article according to claim 1, wherein the lid part has a first end at the opening of the container part and a second end having an end edge, wherein the distance element is located by the end edge.

3. A folded absorbent article according to claim 1, wherein the packaging wrapper is formed from a rectangular piece of material having a length-direction and a cross-direction and having two side edges extending in the length-direction and two end edges extending in the cross-direction, and

wherein the packaging wrapper has two fold lines arranged in the cross-direction and dividing the packaging wrapper into a first end panel, a second end panel and a central panel, the second end panel and the central panel being joined to each other in side edge joints along the side edges thereby forming the container part of the packaging wrapper and that the first end panel forms the lid part of the packaging wrapper.

4. A folded absorbent article according to claim 3, wherein the lid part is attached to the side edge joints with a tearable attachment.

5. A folded absorbent article according to claim 4, wherein the tearable attachment is defined by a tearable weld joint.

6. A folded absorbent article according to claim 1, wherein the distance element has the ability of creating a distance of at least 0.5 mm between the lid part and the container part.

7. A folded absorbent article according to claim 1, wherein the distance element comprises a resiliently compressible material.

8. A folded absorbent article according to claim 7, wherein the distance element comprises an open cell foam material.

9. A folded absorbent article according to claim 7, wherein the distance element comprises a fibrous wadding.

10. A folded absorbent article according to claim 1, wherein the distance element comprises a helical spring.

11. A folded absorbent article according to claim 1, wherein the distance element comprises a plate spring.

12. A folded absorbent article according to claim 1, wherein the distance element comprises an elongated elastic element which is attached with pre-stretching on the lid part.

13. A folded absorbent article according to claim 1, wherein the distance element has a first inactive state and a second active state.

14. A folded absorbent article according to claim 13, wherein the distance element can be brought from the inactive state to the active state by manipulation of the distance element.

15. A folded absorbent article according to claim 1, wherein the distance element comprises a sealing member for the lid part of the packaging wrapper.

16. A folded absorbent article according to claim 15, wherein the sealing member is a resealable sealing member.

17. A packaged absorbent article assembly comprising:  
a foldable absorbent article for the absorption of body fluids; and  
a packaging wrapper, said packaging wrapper comprising:  
a container part having an inside and an outside and an opening for taking the absorbent article out of the packaging wrapper, and  
a lid part having an open position and a closed position,  
wherein the lid part in the closed position closes the opening of the container part and is releasably attached to the outside of the container part,  
wherein a distance element is arranged between the lid part and the container part and thereby facilitates opening of the packaging wrapper.

18. The assembly of claim 17, wherein the distance element is selected from the group consisting of a resiliently compressible material, an open cell foam material, a fibrous wadding, a helical spring, a plate spring and an elongated elastic element.

19. A packaging wrapper for a foldable absorbent article for the absorption of body fluids, said packaging wrapper comprising:

    a container part having an inside and an outside and an opening for taking the absorbent article out of the packaging wrapper, and

    a lid part having an open position and a closed position, wherein the lid part in the closed position closes the opening of the container part and is releasably attached to the outside of the container part,

    wherein a distance element is arranged between the lid part and the container part and thereby facilitates opening of the packaging wrapper.

20. The packaging wrapper of claim 19, wherein the distance element is selected from the group consisting of a resiliently compressible material, an open cell foam material, a fibrous wadding, a helical spring, a plate spring and an elongated elastic element.